

- 1.** A method comprising:
  - (a) receiving a polling request that specifies a first temporal period for a plurality of expected future transmissions;
  - (b) transmitting a plurality of polls to the sender of said polling request;
  - (c) receiving a response to at least one of said plurality of polls; and
  - (d) estimating a first temporal offset for said first temporal period based on at least one of:
    - (i) when said response was received, and
    - (ii) when at least one of said plurality of polls was transmitted.
- 2.** The method of claim 1 further comprising (e) establishing a polling schedule based on said first temporal period and said first temporal offset.
- 3.** The method of claim 2 further comprising:
  - (f) receiving a plurality of frames for forwarding to said sender of said polling request; and
  - (g) determining whether the arrival times of said frames are in accordance with a second temporal offset and a second temporal period; and
  - (h) establishing, when said arrival times are in accordance with said second temporal offset and said second temporal period, a transmission schedule for transmitting each of said frames to said sender of said polling request;  
wherein said transmission schedule is based on said second temporal offset and said second temporal period.
- 4.** The method of claim 3 further comprising
  - (j) transmitting:
    - (i) each of said frames to said sender of said polling request in accordance with said transmission schedule, and
    - (ii) a poll to said sender of said polling request in accordance with said polling schedule.
- 5.** The method of claim 3 further comprising (j) combining said polling schedule and said transmission schedule into a composite schedule.
- 6.** The method of claim 1 wherein said transmitting and said receiving are via a shared-communications channel.
- 7.** A method comprising:

(a) receiving a polling request that specifies a first temporal period for a plurality of expected future transmissions;

(b) transmitting a first poll to the sender of said polling request;

(c) receiving a first response to said first poll;

(d) transmitting a second poll to said sender of said polling request;

(e) receiving a second response to said second poll; and

(f) estimating a first temporal offset for said first temporal period based on at least one of:

(i) when said second response was received, and

(ii) when said second poll was transmitted.

**8.** The method of claim 7 further comprising (g) establishing a polling schedule based on said first temporal period and said first temporal offset.

**9.** The method of claim 8 further comprising:

(h) receiving a plurality of frames for forwarding to said sender of said polling request; and

(i) determining whether the arrival times of said frames are in accordance with a second temporal offset and a second temporal period; and

(j) establishing, when said arrival times are in accordance with said second temporal offset and said second temporal period, a transmission schedule for transmitting each of said frames to said sender of said polling request;

wherein said transmission schedule is based on said second temporal offset and said second temporal period.

**10.** The method of claim 9 further comprising

(k) transmitting:

(i) each of said frames to said sender of said polling request in accordance with said transmission schedule, and

(ii) a poll to said sender of said polling request in accordance with said polling schedule.

**11.** The method of claim 9 further (m) comprising combining said polling schedule and said transmission schedule into a composite schedule.

**12.** An apparatus comprising:

(a) a receiver for receiving a polling request that specifies a first temporal period for a plurality of expected future transmissions;

(b) a transmitter for transmitting a plurality of polls to the sender of said polling request; and

(c) a processor for estimating a first temporal offset for said first temporal period based on at least one of:

- (i) when said response was received, and
- (ii) when at least one of said plurality of polls was transmitted.

**13.** The apparatus of claim 12 wherein said processor is also for establishing a polling schedule based on said first temporal period and said first temporal offset.

**14.** The apparatus of claim 13 wherein said receiver is also for receiving a plurality of frames for forwarding to said sender of said polling request; and wherein said processor is also for

(iii) determining whether the arrival times of said frames are in accordance with a second temporal offset and a second temporal period, and

(iv) establishing, when said arrival times are in accordance with said second temporal offset and said second temporal period, a transmission schedule based on said second temporal offset and said second temporal period for transmitting each of said frames to said sender of said polling request.

**15.** The apparatus of claim 14 wherein said transmitter is also for transmitting

(i) each of said frames to said sender of said polling request in accordance with said transmission schedule, and

(ii) a poll to said sender of said polling request in accordance with said polling schedule.

**16.** The apparatus of claim 14 wherein said processor is also for combining said polling schedule and said transmission schedule into a composite schedule.

**17.** The apparatus of claim 12 wherein said transmitter transmits via a shared-communications channel, and wherein said receiver receives via said shared-communications channel.

**18.** An apparatus comprising:

(a) a transceiver for:

(i) receiving a polling request that specifies a first temporal period for a plurality of expected future transmissions,

(ii) transmitting a first poll to the sender of said polling request,

- (iii) receiving a first response to said first poll,
- (iv) transmitting a second poll to said sender of said polling request, and
- (v) receiving a second response to said second poll; and

(b) a processor for estimating a first temporal offset for said first temporal period based on at least one of:

- (i) when said second response was received, and
- (ii) when said second poll was transmitted.

**19.** The apparatus of claim 18 wherein said processor is also for establishing a polling schedule based on said first temporal period and said first temporal offset.

**20.** The apparatus of claim 18 wherein said receiver is also for receiving a plurality of frames for forwarding to said sender of said polling request; and wherein said processor is also for:

- (iii) determining whether the arrival times of said frames are in accordance with a second temporal offset and a second temporal period, and
- (iv) establishing, when said arrival times are in accordance with said second temporal offset and said second temporal period, a transmission schedule for transmitting each of said frames to said sender of said polling request wherein said transmission schedule is based on said second temporal offset and said second temporal period.